

EAST MID HIGH

	<u>02/28</u>	<u>03/01</u>	<u>03/02</u>	<u>03/03</u>	<u>03/04</u>
Lunch	Hot Dog Steak Fingers Baked Beans Glazed Carrots Ranch Dressing Fresh Fruit	Mongolian Beef Cheese Pocket Marinara Sauce Brown Rice Tossed Salad Fresh Fruit	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Fresh Fruit	Cheese Bites Spaghetti Noodles Meatballs Marinara Sauce California Blend Veggies Tossed Salad Fresh Fruit	Fish Stick Pizza, Cheese Baby Carrots Tossed Salad Corn Fresh Fruit

We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

ELEMENTARY SCHOOLS

	<u>02/28</u>	<u>03/01</u>	<u>03/02</u>	<u>03/03</u>	<u>03/04</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Ranch Dressing Orange, Fresh Wedges	Mongolian Beef Noodles, Chinese, Chow Mein Brown Rice Grape Tomatoes Ranch Dressing Broccoli w/Cheese Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Bites Marinara Sauce Tossed Salad Mexi Beans Orange, Fresh Wedges	Fish Stick Baby Carrots Corn Potato Smiles Orange, Fresh Wedges

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PONCA CITY HIGH SCHOOL

	<u>02/28</u>	<u>03/01</u>	<u>03/02</u>	<u>03/03</u>	<u>03/04</u>
Retro	Burrito, Assorted Tossed Salad Peas Glazed Carrots Fresh Fruit	Hamburger Cheese, Slice, American French Fries Baby Carrots Baked Beans Fresh Fruit Tossed Salad	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	Taco Burger Mexi Beans Glazed Carrots Tossed Salad Fresh Fruit	Pizza, Assorted Tossed Salad Grape Tomatoes Fresh Fruit
CHIX	Chicken Chunk Dinner Roll French Fries Fruit, Fresh Assorted	Popcorn Smackers Calzone French Fries Dinner Roll Fruit, Fresh Assorted	Chicken Strips Mashed Potatoes Green Beans Dinner Roll Fruit, Fresh Assorted	Chicken Buffalo Chunk French Fries Dinner Roll Fruit, Fresh Assorted	Chicken Chunk Dinner Roll Fruit, Fresh Assorted
My Way	<u>Mexican Kiosk</u> Taco Meat Tortilla, Whole Grain, Frozen Mexi Rice Mexi Beans Salsa, Fresh Pico de Gallo Cheese, Shredcheddar Lettuce, Shredded Tortilla, Fried Bowl ----- <u>Italian/Sub/Asian Kiosk</u> Tangerine Chicken Thai Chicken Pasta Noodles	<u>Mexican Kiosk</u> Cheese Enchilada Enchilada, Beef Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich, Rb Sub Sandwich, Spicy Sub Sandwich, Submarine Hoggie	<u>Mexican Kiosk</u> Tortilla, Ww 12" Mission 12579 Salsa, Fresh Pico de Gallo Lettuce, Shredded Cheese, Shredcheddar Mexi Beans Mexi Rice Tortilla, Fried Bowl Taco Meat ----- <u>Italian/Sub/Asian Kiosk</u> Chicken Alfredo with a Twist Pasta Noodles Twisted Mozz. Breadstick	<u>Mexican Kiosk</u> Taco Bar Mexi Beans Mexi Rice ----- <u>Italian/Sub/Asian Kiosk</u> Combo Sub Deli Sub Sandwich, Combo 3" Sub Wg Sandwich, Ham Sub Sandwich Rb Sub Sandwich, Spicy Sub Sandwich, Submarine Hoggie	<u>Mexican Kiosk</u> Tortilla, Ww 12" Mission 12579 Cheese, Shredcheddar Mexi Beans Salsa, Fresh Pico de Gallo Lettuce, Shredded Mexi Rice Tortilla, Fried Bowl Taco Meat ----- <u>Italian/Sub/Asian Kiosk</u> Salad, Chicken Caesar Chicken Alfredo with a Twist Pasta Noodles

MY WAY CAFE is a concept that allows STUDENTS to BUILD their OWN combinations!

PONCA CITY HIGH SCHOOL (CONTINUED)

On the Fly	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad
	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden	Salad, Grilled Chicken Garden
	Salad, Ham Garden	Salad, Chicken Caesar	Salad, Ham Garden	Salad, Chicken Caesar	Salad, Ham Garden
	Salad, Southern Berry		Salad, Southern Berry		Salad, Southern Berry
	Salad, Chicken Caesar		Salad, Chicken Caesar		Salad, Chicken Caesar

On the FLY is a Grab and Go line featuring FRESH menu items.
Other items including milk, fruit, vegetables, and grains will be offered as part of the meal.

Menus may change and are subject to availability.
We offer Assorted Salads, Sandwiches, 100% Juice, and Milk every day!!

ST. MARY'S

	<u>02/28</u>	<u>03/01</u>	<u>03/02</u>	<u>03/03</u>	<u>03/04</u>
Lunch	Hot Dog Baked Beans Glazed Carrots Orange, Fresh Wedges	Mongolian Beef Noodles, Chinese, Chow Mein Brown Rice Broccoli Grape Tomatoes Orange, Fresh Wedges	Spaghetti Noodles Marinara Sauce Tossed Salad Ranch Dressing Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Fish Stick Baby Carrots Tossed Salad Ranch Dressing Corn Orange, Fresh Wedges

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Meals on Wheels	Burrito, Assorted Tossed Salad Peas Glazed Carrots Dessert	Hamburger Cheese, Slice, American French Fries Baked Beans Dessert	Chicken Strip Panko Dinner Roll Mashed Potatoes Seasoned Green Beans Dessert	Taco Burger Mexi Beans Glazed Carrots Tossed Salad Dessert	Fish Fillet Sauce, Tartar Corn Tossed Salad Dessert
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Menus may change and are subject to availability.

WASHINGTON PRE-K CENTER

	<u>02/28</u>	<u>03/01</u>	<u>03/02</u>	<u>03/03</u>	<u>03/04</u>
Lunch	Hot Dog Baked Beans Pineapple Tidbits	Mongolian Beef Brown Rice Broccoli w/Cheese Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Orange, Fresh Wedges	Cheese Bites Marinara Sauce Tossed Salad Orange, Fresh Wedges	Fish Stick Baby Carrots Orange, Fresh Wedges

WEST MIDDLE SCHOOL

	<u>02/28</u>	<u>03/01</u>	<u>03/02</u>	<u>03/03</u>	<u>03/04</u>
Lunch	Hot Dog Steak Fingers Baked Beans Glazed Carrots Ranch Dressing Orange, Fresh	Mongolian Beef Noodles, Chinese, Chow Mein Steak Fingers Brown Rice Grape Tomatoes Ranch Dressing Broccoli w/Cheese Orange, Fresh Wedges	Chicken Strip Mashed Potatoes Country Gravy Green Beans Wheat Dinner Roll Orange, Fresh Wedges	Cheese Bites Marinara Sauce Chicken Cheese Crispito Mexi Beans Tossed Salad Orange, Fresh Wedges	Fish Stick Baby Carrots Corn Potato Smiles Orange, Fresh Wedges

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